

HICSS-52 Minitrack

Personal Health and Wellness Management with Technologies

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Today, empowering patients and focusing on patient centered care delivery is a critical success factor. Technology is a key enabler in this regard with mobile Apps, wearables, and individualized services, dramatically influencing how patients and their families can manage health and wellness. Further, they have the potential to facilitate and enhance superior healthcare delivery by clinicians and caregivers as well as assist in addressing many of the challenges currently facing healthcare delivery in all OECD countries. Moreover, these solutions foster active patient participation in their care as well as promote self-management of wellness and fitness; essential aspects in managing chronic diseases. In addition, the data collected from these solutions have the potential to enable sophisticated services for self-care, sustainable wellness management and value-based care to ensue.

Hence, this minitrack focuses on how such technologies and digital services might be utilized to address the challenges currently facing healthcare delivery such as escalating cost pressures, a growing aging population, an increasing prevalence of chronic diseases, and a move to a preventive care focus. Integral to these approaches is a patient-centric view in order to satisfy consumer expectations, provide high quality care, and improve wellness.

This minitrack comprises three sessions. A first set of presentations provides a more general view and addresses trends in patient generated data, business intelligence applications, new personal health technologies, and personalization features. The second session focuses on the application of innovative methods and tools in different illustrating areas. These areas include diabetes self-management, ambient assisted living of the elderly, promotion of health exercising, and neurofeedback for augmenting empathy. The third session concludes this minitrack by looking into the potentials of social media and machine learning to support health and wellness management.

The presentations comprise research designs as well as empirical studies and particularly introduce exemplary prototypical systems. Taken together, the contributions serve to exhibit and illustrate the potentials and limits of modern technologies for personal health management and wellness.

For six years now this minitrack has been home to a persistent and growing community of academic researchers and healthcare professionals who are interested in the possibilities of innovative technologies and IT support for individual health and wellness. We will continue to anticipate future potentials of actual trends like data sciences, socio-technical environments, and health ecosystems and platforms.